



Above, Soldiers assigned to Co. B, 2-27th Inf. Regt., 3rd BCT, 25th ID, charge toward a known objective during a squad-level exercise in Queensland, Australia, Aug. 4.

Below, the dust rises as the Wolfhounds of Bravo Company drag a simluated casualty out of danger and into the safety of a building. In addition to practicing their combat skills, the Wolfhounds were constantly quizzed on their other Soldier skills.

Wolfhounds fine-tune tactical skills Down Under

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs Office

TOWNSVILLE, Australia — Soldiers assigned to 2nd Battalion, 27th Infantry Regiment “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, continued their training by conducting squad-level exercises at High Range, Queensland, Australia on Aug. 4.

“This week was designated to develop the new team leaders who are coming in the door in order to make them better in the future,” said Sgt. Matthew Harrold, squad leader, 2nd platoon, Bravo Company, 2-27th Inf. Regt. Over the course of the week, each squad conducted basic rifle marksmanship, advanced rifle marksmanship, land navigation and squad maneuver, and a rappel tower located at Lavarack Barracks (a Australian army base).



Rappelling off of the tower was a good opportunity to build confidence within the squad, said Harrold.

Squad and team leaders maximized the field training by ensuring that their Soldiers wisely used the brief time between missions.

“My sergeant was constantly making sure I knew my stuff by quizzing me and always checking on my learning,” said Pvt. Julian Pelayes, 3rd Plt., Co. B, 2-27 Inf. Regt. “I feel more squared away when that happens.”

They even tested each other to see who could disassemble and reassemble the M-240 machine gun the fastest, added Pelayes.

In the end, the squad-level training was about getting better at the basics, which in turn makes the platoon better.

“When you fine tune the small things you can operate multiple squads at a time in overall platoon missions, and make them more successful,” said Harrold.



Photo courtesy of 8th Theater Sustainment Command Public Affairs

Soldiers from the 8th TSC and representatives from the VA prepare to reach out to homeless veterans in Honolulu on Aug. 5.

8th TSC help homeless vets

8TH THEATER SUSTAINMENT COMMAND
News Release

HONOLULU — The office of the mayor of Honolulu partnered with the 8th Theater Sustainment Command to share information with local homeless veterans about the 2015 Veterans Stand Down at Beretania Community Park, Aug. 6.

The standdown is part of the “Mayors Challenge to End Veteran Homelessness” initiative, announced by First Lady Michelle Obama, challenging the mayors of major cities to provide services and supplies, such as food, shelter, clothing, medical, dental and benefits counseling, to homeless veterans, with the hope of getting them off of the streets.

Volunteers from the 8th TSC combed the streets of Honolulu in four areas known for their dense population of homeless veterans, Aug. 5.

“It makes my heart sad that so many vets are lost or forgotten,” said Master Sgt. Luther Hobbs, Plans and Operations noncommissioned officer in charge, 8th TSC. “It is my obligation to ensure that my past and present service members are afforded the opportunity to live a sustainable life.”

According to the U.S. Department of Housing and Urban Development, approximately 22.5

million individuals within the U.S. homeless population were veterans in 2014 — approximately one in 10 homeless adults.

“We are hoping the Soldiers who come out in uniform attract the veterans because of the military connection,” said Schoen Safotu, the main volunteer coordinator for the standdown.

Representatives Honolulu Mayor’s Office of Housing, the U.S. Department of Veterans Affairs and the U.S. Department of Labor were present to provide assistance for veterans seeking help, said Safotu.

The biggest challenge the 11 Soldier volunteers faced was communicating with veterans who didn’t want assistance or who had lost faith in the government.

“We need to do this on a bigger scale,” said Hobbs. “We can find the veterans, but they need to want help in order for this to be effective.”

Safotu addressed the Soldiers.

“Thank you for coming out to help the veterans in Honolulu. We appreciate it,” he said, addressing the volunteers after three hours searching out homeless vets. “We hope that we can get them the assistance they need, because no veteran should be homeless in his own country.”

Tropical Depression Hilda moving south of islands

U.S. ARMY GARRISON - HAWAII
Tropical Weather Outlook

HONOLULU — National Weather Service (NWS) briefed Hawaii Emergency Management Agency (HI-EMA), local emergency management and civil defense agencies, and federal and state partners on the favorable change in Tropical Depression Hilda’s intensity and tracking this week.

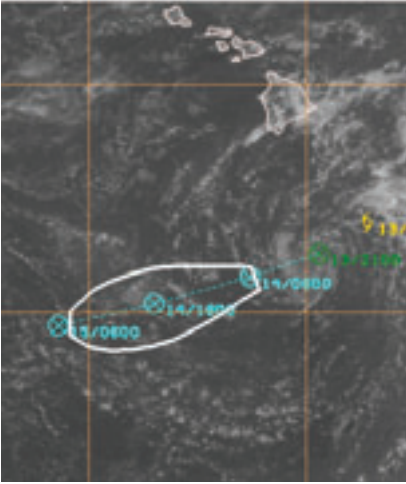
As of the 2 p.m. Thursday NWS advisory, the Central Pacific Hurricane Center in Honolulu is issuing advisories on Tropical Depression Hilda. The depression was located 190 miles south-southwest of South Point, Hawaii.

There is a less than 10 percent chance of tropical storm force winds impacting Hawaii Island. The most significant threat expected is heavy rainfall of 6-12” along the east and southeast slopes, with some areas possibly facing 18” of rain. Neighboring islands are expected to see the equivalent of strong trades and locally heavy rains.

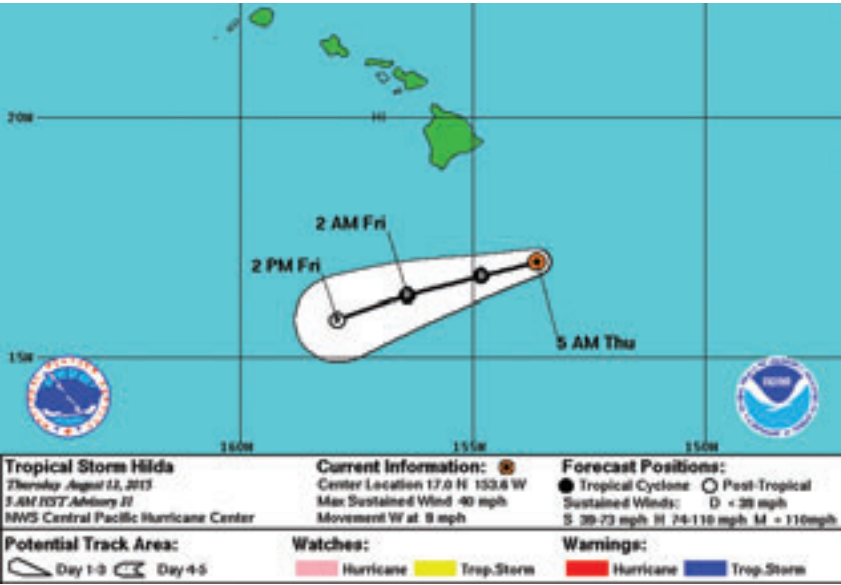
“Our coordination and preparedness efforts at the local and state level will continue in proportion to the threat,” said Doug

Mayne, state administrator of Emergency Management. “We thank our partners for their flexibility and willingness to commit staff and resources towards readying the state for potential events such as Hilda.”

(Editor’s note: This article is compiled from HI-HEMA and NWS news releases.)



Graphics courtesy of the National Weather Service





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Brooks encourages ‘One Team’ to practice antiterrorism awareness during August

GEN. VINCENT K. BROOKS
Commander U.S. Army-Pacific

August marks the Army’s Antiterrorism Awareness Month, and while we raise our focus and emphasis during this sixth annual observance, I also encourage every member of the “One Team” to maintain a constant state of vigilance year-round. I am proud of achievements, contributions and sacrifices in the continuous efforts to combat and defeat the threat of terrorism worldwide — specifically in our homeland. We cannot rest from our successes because we must be ever diligent in our efforts to protect our Army Family and our Nation. To do this we have learned that every member of the team plays a role in this important mission. Our leaders, Soldiers, civilians and families should know their role in supporting each of the Army’s



Brooks

three focus areas for this year:

- Recognize and report suspicious activity through the iWATCH Army Program.
- Conduct AT training and focus on the evolving threat such as active shooter, home-grown violent extremists, and cyber threats.
- Actively incorporate protection principles into Family Readiness Briefings, especially on the risks associated with the use of social media.

I charge every member of the USARPAC team to remain vigilant; if you see something suspicious, report it. Actively take measures to protect yourself in the cyber and social media environment. The strength



A simple observation, a single report, can lead to action that may stop a terrorist attack. Think about the power of that — the power of iWatch: See something, say something. of our defense is our ability to work together as a team to protect our people and our installations. Through your efforts, we will succeed in our goal of preventing terrorist attacks, and remaining a safe and strong Army.

Army continues its AT vigilance

ARMY NEWS SERVICE
News Release

August marks the Army's sixth annual observance of Antiterrorism Awareness Month to instill Army-wide heightened awareness and vigilance to protect Army communities from acts of terrorism. The terrorist threats faced today are as complex as they have been at any time in the nation's history. These threats are persistent and constantly evolving as evidenced by the fight against the Islamic State of Iraq and the Levant (ISIL). The Army's antiterrorism program protects personnel, information and facilities in all locations and situations against terrorist activities.

Why is it important to the Army?

Awareness of terrorist threats and an understanding of unit-level and personal protective measures remain paramount. The focus areas for Antiterrorism Awareness Month includes recognizing and reporting suspicious activity, participating in antiterrorism training, countering insider threats and becoming familiar with the risks associated with the use of social media.

What is the Army doing?

In light of recent terrorist activities around the world, leaders at all levels should emphasize the importance of reporting suspicious activity and the need for sustained antiterrorism awareness involving the use of social media and protecting personally identifiable

information. In addition, the senior leadership of the Army encourages all leaders to make continuous improvements within antiterrorism plans and programs in order to guard our communities against persistent terrorist threats.

In support of an active AT awareness campaign, the Department of the Army, Office of the Provost Marshal General (OPMG) develops products and tools to support the field. These products are available on the Army OPMG Antiterrorism Enterprise Portal. In addition, to commemorate the attacks of 9/11, the Office of Provost Marshal General (Antiterrorism Branch) is establishing an antiterrorism information booth in the Pentagon, Aug. 18-20, to share information with members of the Army staff

as well as other Pentagon tenants.

Army Hawaii commands are encouraged to conduct similar community outreach efforts to help spread the message about threatsmilitary personnel face and protective measures.

What future efforts are planned?

The Army's antiterrorism awareness theme is training for antiterrorism officers and leaders. Training is critical to the Army's antiterrorism readiness and the hallmark of our ability to assess, detect, defend, warn and recover from acts of terrorism.

The training, whether at the individual or collective level, is fundamental to our preparedness and defense against the terrorist threat.



Photo by Lisa Ferdinando, Army News Service

Col. Bob Willis (far right) poses with his staff at a display at the Pentagon for Antiterrorism Awareness Month, Aug. 6, 2014.

511 STEPS in FAITH

Impatience can lead to hasty judgment of others

CHAPLAIN (CAPT.) JOHN B. GABRIEL
Headquarters and Headquarters Battalion
25th Infantry Division

As human beings, we have a tendency to divide people into two categories: Saints and sinners. Good and bad. Wheat and weeds. But this categorizing can be unreal, because people cannot be easily categorized.

People are complex and sometimes see things different than from the reality. We see things that are opposite, yet co-exist, in the same person. Society has a tendency to be impatient with the so-called “weeds.” The parable of the weeds among the wheat tells us



Gabriel

that we should be patient and should not be in a hurry to eliminate them from society in unnecessary, quick judgment, lest in our hurry we harm the good people — the “wheat” — as well. Let us recognize there are evil and evil people in the world.

But it is not an excuse for good people not to do good with the power at their disposal. We have to be patient with those “weeds”

who fail to meet our high ethical standard. We must restrain from treating others we don’t like or don’t agree with as weeds, i.e., evil or wicked, because each one of us is a combination of wheat and weeds.

In each of us, there are elements of good and bad. We must be patient with others and ourselves, too.

We should avoid judgment because we cannot draw a line that would neatly separate the good from the bad. Most of us have been wheat and weeds in God’s field more than once and God showed mercy.

So, let us patiently and lovingly, especially the “weeds” of society, and to put them back on the right road by our good example.

Getting it Straight

In the last issue, p. A-1, the National Park Service abbreviation in the headline was misidentified as “NSP” instead of “NPS”; on p. A-6, three outdated items in the News Briefs were carried over from the previous issue; and on p. A-2 of the July 31 Voices of Ohana, compiled by the 9th Mission Support Command, two of the Soldiers at right were misidentified. They are identified correctly, along with their answers to the question, “What was your favorite subject in school and why?”



Sgt. 1st Class T.Voye 9th MSC

“American History. I find it fascinating how the country came to be and how the changes made it better for the country and better for the people. However, history always seems to repeat itself.”



Staff Sgt. H.Porter 9th MSC

“Math. I like the challenge of problem solving and math is very challenging in that part. The ability to look at the numbers and work out the problem in my head is what I find rewarding.”

Voices of Ohana

In support of Hawaii Statehood Day
What makes Hawaii special to you?
By 311th Signal Command (Theater) Public Affairs



“With attention specific to the Pacific, the challenges ahead of us are exciting. As far as location, it’s Hawaii!”

Maj. Gen. Lawrence W. Brock III
Commander
311th Signal Command (Theater)



“The culture and people. Mainly because I grew up here.”

Pvt. Francis Estrada
Human resources specialist
311th Signal Command (Theater)



“It’s home.”

James Malenky
Senior technical advisor
311th Signal Command (Theater)



“The beaches and the sunrises; I’ve never seen a more beautiful place.”

Capt. Joseph McDaniel
Battle captain
311th Signal Command (Theater)



“I get to live in a place where people typically spend thousands of dollars to visit.”

Staff Sgt. Rodson Wint
Senior operator specialist
311th Signal Command (Theater)

Odierno successor is here to win

Story and photo by
David Vergun
Army News Service

WASHINGTON — The Senate confirmed Gen. Mark A. Milley, Aug. 5, to become the 39th chief of staff of the Army. He succeeded Gen. Ray Odierno in a change of responsibility ceremony, Aug. 6.

Milley: “Winning fundamental.”

At his Senate Armed Services Committee confirmation hearing, July 21, Milley told lawmakers, “Our fundamental task is to win, to win in the unforgiving crucible” of combat.

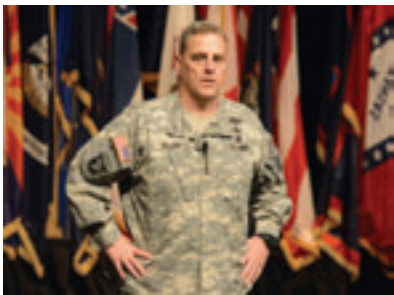
At press time, Milley was commander of U.S. Forces Command, headquartered at Fort Bragg, North Carolina.

Besides combat, there are many other tasks the Army does every day and does very well, he said. It provides humanitarian assistance, shapes outcomes, builds partner capacity and deters the nation’s adversaries.

“But our very reason for being, the very core of what it means to have an Army, it’s to win and to win decisively in ground combat against the enemies of our country so that the American citizens can enjoy life, liberty and the pursuit of happiness,” he continued.

“I have huge confidence in our Army to-

day,” he said, calling it “the most skilled and combat experienced Army in the nation’s history.”



Gen. Mark A. Milley tells 300 ROTC and U.S. Military Academy cadets his winning philosophy during the George C. Marshall Award and Leadership seminar at Fort Leavenworth, Kansas, March 31.

Childhood hero

Milley told some 300 ROTC and U.S. Military Academy Cadets at the George C. Marshall Award and Leadership Conference in Fort Leavenworth, Kansas, March 31, that his childhood hero was Green Bay Packers’ winning football coach, Vince Lombardi.

When Lombardi was younger, he looked up to World War II heroes like Gen. George Patton and Gen. Douglas MacArthur and tried to pattern himself after them and their leadership techniques, Milley said.

The two points Lombardi took away from those heroes was, first, “you’re in it to win, so winning matters and your team matters.” The second was, “We don’t break the rules,” Milley said.

Milley promised the lawmakers that if confirmed, he would work to keep the Army the best in the world and take on the “significant challenges” it faces “in manpower, readiness and modernization.”

The general also told the senators he’d ensure upholding Army values and ethics would continue to be a top priority.

During his visit with the cadets, he exhorted them: “Playing by the rules involves internalizing the warrior code of ethics. It is something you have to practice at 24 hours a day. Unethical actions not only can get you or your Soldiers killed, they can also hurt the Army.”

Heritage of service

Milley told the senators he comes from a family who proudly served. His mother treated wounded service members in a military hospital near Seattle and his father saw combat on Kwajalein, Saipan, Tinian and Iwo Jima.

Milley’s operational deployments include Iraq, Afghanistan, Panama, Haiti and Bosnia-Herzegovina. Most of his career has been spent leading infantry and Special Forces Soldiers.

Murphy’s law career

On Aug. 5, President Barack Obama nominated Patrick J. Murphy to be the next under secretary of the Army, a post currently held by Acting Under Secretary Eric Fanning. The office was assumed by Fanning, July 6, after Brad Carson became the acting under secretary of Defense for Personnel and Readiness.

No date has yet been set for Murphy’s confirmation hearing before the Senate Armed Services Committee and the Senate is currently scheduled to be on recess until Sept. 7.

Murphy was the first Iraq War veteran elected to the U.S. Congress, according to an Aug. 5 White House press release. Murphy represented the 8th District of Pennsylvania in the U.S. House of Representatives from 2007 to 2011.

As a lawmaker, he served on the House Armed Services Committee, the House Permanent Select Committee on Intelligence and the House Appropriations Committee.

Murphy received his law degree in 1999 from Widener University School of Law in Harrisburg, Pennsylvania, after earning a Bachelor of Arts from Pennsylvania’s King’s College in 1996.

While in college, he attended ROTC at nearby Scranton University and was commissioned a second lieutenant in the Army Reserve upon graduation. He went on active duty in 2000 as a staff judge advocate and then became a faculty member at West Point.

From 2003-2004, he was deployed to Iraq, where he earned a Bronze Star Medal with the 82nd Airborne Division.



Murphy

Army to improve SHARP

J.D. LEIPOLD
Army News Service

WASHINGTON — Borrowing on the idea of the Army Family Action Plan forum, the Army launched its first Sexual Harassment/Assault Response and Prevention Program improvement conference, Aug. 6, to seek out and collect a range of ideas on how to better serve those who have been victimized by harassment and assault.

Over two days, Army leaders and some 140 stakeholders heard presentations and initiatives, and sorted through a range of ideas, organizing and prioritizing them for action. The proposed actions for each issue were briefed to the Army chief of staff at the forum’s conclusion, Saturday.

Army G-1 Lt. Gen. James McConville opened the conference saying that SHARP has a lot of momentum going on that’s good because studies are telling the Army there are fewer incidents.

“What is bad is that not everybody is reporting for fear of reprisal or retaliation and that means there are people out there who are getting away with these acts,” McConville said. “If you have sexual harassment and sexual assault, you have people who are not treating each other with dignity and respect and you will not have a cohesive team of trusted professionals.”

According to the RAND Military Workplace Study conducted in fiscal year 2014, 52 percent of Defense Department women who had filed an official report of sexual assault reported some form of retaliation.

“That is something we just cannot have as we move forward,” said McConville, adding that sexual harassment and sexual assault issues were also personal for him, and person for all parents and family members.

“My wife was a Soldier, my oldest son is a Soldier, my youngest son is a Soldier and my daughter is taking her oath today to be a Soldier,” he said. “We want you to come together, give us some feedback on things that are and are not working, because we owe this to our Soldier’s parents to be able to look them in the eyes.”

SHARP director Monique Ferrell outlined for the audience new plans and objectives for SHARP, one of which was the publishing of consolidated shop policy that will be clear,

easily understandable and would allow program managers to perform their responsibilities without concern as to whether they are in compliance with laws, policies and regulations.

“I am creating a policy oversight branch whose focus will be to get the SHARP regulation published and updated and to write new policy as changes occur,” she said. “I am intent on the SHARP program office executing its responsibility to have oversight. This means we will be helping you to make sure that your programs are in compliance with the policies and that we will not have to rely on external organizations to determine the pulse of our program.”

Ferrell said that retaliation prevention was not only a focus area for the Army, but also for fellow colleagues in the sister services. She noted that a working group was putting together a DOD-wide retaliation prevention strategy that should be published in September. Once that is out, each of the services will develop and align their own strategy with the department.

Additionally, there’s no comprehensive strategy to deal with male victimization at present, but she said as more is learned on the subject and its dynamics, prevention and response programs will be customized to work those issues.

“Surveys developed also tell us that many victims of sexual assault were previously harassed by their assaulter,” she said. “We refer to this as the ‘continuum of harm’, so we’ll be putting some additional focus on sexual harassment prevention.

“We also intend to do more outreach, collaboration and partnering with experts in the field of sexual harassment and sexual assault as well as with other agencies, corporations and educational institutions to share what we are doing in the Army as well as learn from them in order to improve our programs,” she said.

The Army SHARP director plans to move away from marketing materials of recent years that included silhouettes and dark-faced images.

“We will have targeted marketing materials that resonate with specific audiences,” she said. “Once those materials have been developed and approved, you will be able to order them from our products on-demand site.



Sylvia Moreno, 9th MSC SHARP program manager and SARC, speaks to the 9th MSC’s Citizen-Soldiers about the importance of “Got Your Back,” Aug. 9.

9th MSC Soldiers engage in ‘Got Your Back’ training

Story and photo by
CAPT. DEBBIE EDDIN
9th Mission Support Command Public Affairs

FORT SHAFTER — 9th Mission Support Command Soldiers stepped away from their usual weekend battle assembly duties to participate in “Got Your Back” training in the assembly hall, here, Aug. 9.

This training, an extension of the Army’s Sexual Harassment/Assault Response Program (SHARP), is not for the weak and sensitive due to what some may consider harsh and inappropriate language. However, the training is designed for real-world situations.

The Army implemented more realistic SHARP “Sex Signals” training in 2011 for Soldiers during Basic Combat Training and other professional military education. “Got Your Back” is designed to make the audience more interactive and engaged. It offers Soldiers a way to intervene, act and motivate others not to be a bystander in the prevention of sexual harassment or assault.

“The real language and the real words that are being used in our ranks today makes this training much more real,” said Sylvia Moreno, SHARP program manager, 9th MSC, and Sexual Assault Response Coordinator (SARC), who facilitated the training.

Moreno’s dedication to SHARP is seen through her desire to end sexual assault among the ranks in the military. Many assaults happen when there are red flags seen but no one intervenes.

“If you have a gut feeling that there is some-

thing wrong, act upon it,” emphasized Moreno.

The interaction seemed to make the audience more willing to talk about the issues.

Amber Kelly, an educator and advocate of sexual awareness and assault training for 17 years led the audience interaction and discussion with Orvie Baker Jr. who served in the military for 20 years and served as an Equal Opportunity advisor, SARC and victim advocate.

“We are very close to that tipping point of cultural change. People are more understanding about the issues and are willing to talk about it,” said Kelly.

Baker believes his military background allows him to see the transition from the traditional SHARP training to the current “in-your-face” interactive training that has more “sticking power” for the Soldiers.

“Soldiers are listening, if they are not talking,” Baker said.

This training allows Soldiers to feel comfortable talking about how they felt and what they learned during the 90-minute session.

The training emphasized that sexual assault prevention is everyone’s business and that service members cannot be bystanders. The military acronym for the program, I.A.M. (Intervene, Act and Motivate), focuses on encouraging others to reduce and prevent sexual assault.

The Army’s efforts are very much an “all-hands-on-deck” approach, training members at all levels of the organization to directly intervene to stop incidents of sexual harassment and assault from occurring anywhere.



Lt. Col. Brent A. Clemmer (left), commander, 1-21st Inf. Regt., and the family of Cpl. William L. McMillan III, unveil a shadow box at the Schofield Barracks Health Center, Aug. 6.

Hospital wing dedicated to ‘selfless service’ warrior

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The Army describes “selfless service” as putting the welfare of the nation, the Army and subordinates above one’s self.

The 2nd Stryker Brigade Combat Team, 25th Infantry Division, held a dedication ceremony at the Schofield Barracks Medical Hospital, Aug. 6, to honor Cpl. William L. McMillan III, who gave his life serving his first tour of duty in Baghdad, Iraq, June 8, 2008, when his patrol was struck by an improvised explosive device.

“For the Soldiers, it’s always important to see people who have come before you; who have done great things during their time in service that you can gain inspiration from,” said Lt. Col. Brent A.

Clemmer, commander of the 1st Battalion, 21st Inf. Regiment, 2nd SBCT.

“There are a whole range of emotions that is going through me right now,” said Maj. Scott Bailey, a masters’ student at the Naval Postgraduate School in Monterey, California. “The overwhelming emotion is the sense of belonging of being a part of this organization when we were.

“Of course, we lost ‘Doc’ McMillan, so having an opportunity to positively remember his death in a very positive way is a wonderful thing, and I am glad to come back and able to be part of this.”

According to Sgt. 1st Class Gracie Best, the noncommissioned officer in charge of the medical laboratory at SBMH, McMillan always placed his Soldiers first.

“McMillan was a Soldier who always took care of his Soldiers, and his Soldiers always felt as if they could go to him for anything,” she said. “He was an outstanding junior leader; Soldiers

looked up to him and he put his life on the line to save their lives by sacrificing his own.”

Best also stated by dedicating this wing to McMillan it allows the unit to have ownership and a sense of pride to the hospital.

“We are very excited to host this event here at the clinic,” said Best.

“It’s very important for the unit and Soldiers to have pride in their medical homes and really take ownership. We are not just a facility that takes care of the dependents but also the Soldiers and that is what Cpl. McMillan did and that’s why it’s so important to have a building dedicated to him.”

While this dedication is for a wing, SBMH now plans to make it a standalone building that will serve nearly 5,000 Soldiers.

“No matter where the clinic maintains its physical presence, it will always represents the honor, commitment and courage associated with McMillan’s name,” said Clemmer.

Army clarifies net misconduct

C. TODD LOPEZ
Army News Service

WASHINGTON — If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an “All Army Activities” (ALARACT) message that went out force-wide during the last week of July.

Online misconduct, it says, is “the use of electronic communication to inflict harm. Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.”

The ALARACT 122/2015, which comes as part of an effort to address Soldier use of social media and other online forms of communication, also defines good behavior online, “electronic communication,” and “online-related incident.”

“The Army Values require that everyone be treated with dignity and respect,” the message reads. “Harassment, bullying, hazing, stalking, discrimination, retaliation, and any other type of misconduct that undermines dignity and respect are not consistent with Army values and negatively impact command climate and readiness.”

The ALARACT emphasizes commanders’ responsibility to “reinforce a climate where current and future members of the Army team, including Soldiers, Army civilians, contractors, and family members, understand that online misconduct is inconsistent with Army values.”

The document also said such a climate included an avenue through which “online-related incidents are prevented, reported, and addressed at the lowest possible level.”

In March, the Army’s chief of staff directed the creation of a “tiger team” to address the issue of online misbehavior, including retribution, and to find ways to prevent and respond to harm inflicted through the use of electronic communication.

One goal of the tiger team was to create a reporting system for “online-related incidents” and report those up to senior Army leadership.

Tiger team member Lt. Col. Kay Emerson, who also serves as director of the Army’s Equal Opportunity policy office, said members of the Army staff and command representatives are working now to identify the data fields and reporting requirements for such an online reporting system.

“Once collated, senior Army leadership will have a sight picture of reported online-related incidents and actions taken by commanders in the field,” Emerson said.

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Additionally, section 4-19 of AR 600-20 is “punitive” in nature. It authorizes commanders to potentially punish those who are in violation of its direction, making failure to adhere to the Army’s rules for online behavior a punishable offense.

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That maxim is summarized as “think about the message being communicated and who could potentially view it; type a communication that is consistent with Army values; and post only those messages that demonstrate dignity and respect for self and others.”



Courtesy photo

Examples of online misconduct include harassment, bullying, hazing, stalking, discrimination or retaliation.



Spc. Sermin Longoria, 2-6th Cav. Regt., 2nd CAB, 25nd ID, stands before an OH-58 Kiowa at the super hangar on Camp Humphreys, Republic of Korea.

Professionalism personified

Story and photo by
CHUNG IL KIM
2nd Combat Aviation Brigade
2nd Infantry Division

PYEONGTAEK, South Korea — If a person exudes extraordinary competence in his or her job and is looked at by his or her peers and superiors with confidence to complete every task at hand, then that person could be called a professional.

Spc. Sermin Longoria from the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, is an OH-58 Kiowa helicopter mechanic and has been commended for the professionalism he has conducted while serving with his unit here in South Korea.

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Longoria finds communicating the proper message to teach the Soldiers is the most difficult part about educating them. In fact, teaching requires complete understanding of the subject.

Longoria’s expertise in OH-58 Kiowa comes not only from the predecessors and leaders before him, but also from his personal endeavor to learn.

“Even after work hours, I would stay at the office to study on my own to fully understand the functions, mechanics and other details about the OH-58 Kiowa,” said Longoria.

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Lt. Col. Brent A. Clemmer (left), commander, 1-21st Inf. Regt., and the family of Cpl. William L. McMillan III, unveil a shadow box at the Schofield Barracks Health Center, Aug. 6.

Hospital wing dedicated to ‘selfless service’ warrior

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The Army describes “selfless service” as putting the welfare of the nation, the Army and subordinates above one’s self.

The 2nd Stryker Brigade Combat Team, 25th Infantry Division, held a dedication ceremony at the Schofield Barracks Medical Hospital, Aug. 6, to honor Cpl. William L. McMillan III, who gave his life serving his first tour of duty in Baghdad, Iraq, June 8, 2008, when his patrol was struck by an improvised explosive device.

“For the Soldiers, it’s always important to see people who have come before you; who have done great things during their time in service that you can gain inspiration from,” said Lt. Col. Brent A.

Clemmer, commander of the 1st Battalion, 21st Inf. Regiment, 2nd SBCT.

“There are a whole range of emotions that is going through me right now,” said Maj. Scott Bailey, a masters’ student at the Naval Postgraduate School in Monterey, California. “The overwhelming emotion is the sense of belonging of being a part of this organization when we were.

“Of course, we lost ‘Doc’ McMillan, so having an opportunity to positively remember his death in a very positive way is a wonderful thing, and I am glad to come back and able to be part of this.”

According to Sgt. 1st Class Gracie Best, the noncommissioned officer in charge of the medical laboratory at SBMH, McMillan always placed his Soldiers first.

“McMillan was a Soldier who always took care of his Soldiers, and his Soldiers always felt as if they could go to him for anything,” she said. “He was an outstanding junior leader; Soldiers

looked up to him and he put his life on the line to save their lives by sacrificing his own.”

Best also stated by dedicating this wing to McMillan it allows the unit to have ownership and a sense of pride to the hospital.

“We are very excited to host this event here at the clinic,” said Best.

“It’s very important for the unit and Soldiers to have pride in their medical homes and really take ownership. We are not just a facility that takes care of the dependents but also the Soldiers and that is what Cpl. McMillan did and that’s why it’s so important to have a building dedicated to him.”

While this dedication is for a wing, SBMH now plans to make it a standalone building that will serve nearly 5,000 Soldiers.

“No matter where the clinic maintains its physical presence, it will always represents the honor, commitment and courage associated with McMillan’s name,” said Clemmer.

Army clarifies net misconduct

C. TODD LOPEZ
Army News Service

WASHINGTON — If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an “All Army Activities” (ALARACT) message that went out force-wide during the last week of July.

Online misconduct, it says, is “the use of electronic communication to inflict harm. Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.”

The ALARACT 122/2015, which comes as part of an effort to address Soldier use of social media and other online forms of communication, also defines good behavior online, “electronic communication,” and “online-related incident.”

“The Army Values require that everyone be treated with dignity and respect,” the message reads. “Harassment, bullying, hazing, stalking, discrimination, retaliation, and any other type of misconduct that undermines dignity and respect are not consistent with Army values and negatively impact command climate and readiness.”

The ALARACT emphasizes commanders’ responsibility to “reinforce a climate where current and future members of the Army team, including Soldiers, Army civilians, contractors, and family members, understand that online misconduct is inconsistent with Army values.”

The document also said such a climate included an avenue through which “online-related incidents are prevented, reported, and addressed at the lowest possible level.”

In March, the Army’s chief of staff directed the creation of a “tiger team” to address the issue of online misbehavior, including retribution, and to find ways to prevent and respond to harm inflicted through the use of electronic communication.

One goal of the tiger team was to create a reporting system for “online-related incidents” and report those up to senior Army leadership.

Tiger team member Lt. Col. Kay Emerson, who also serves as director of the Army’s Equal Opportunity policy office, said members of the Army staff and command representatives are working now to identify the data fields and reporting requirements for such an online reporting system.

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U.S. Air Force photo by Senior Airman Micky M. Bazaldua

Army recruits complete an obstacle during basic combat training at Fort Jackson, South Carolina, Jan. 16, 2008.

Mental skills training improves performance among Soldiers

DAVID VERGUN
Army News Service

WASHINGTON — Army researchers have found effective techniques to dramatically improve Soldiers’ cognitive and physical abilities through a regimen of mental skills training.

Success of the study led the Army to permanently incorporate cognitive skills training into basic combat training. And, following the research done at Fort Jackson, South Carolina, that training has since spread Army-wide, delivered by trainers from Comprehensive Soldier and Family Fitness (CSF2).

Much of the study’s design was derived from previous research conducted at the Center for Enhanced Performance at the U.S. Military Academy, West Point, New York. That center now serves as the core element of CSF2 under the Army Resiliency Directorate, according to Amy B. Adler, a clinical research psychologist at the Center for Military Psychiatry and Neuroscience, Walter Reed Army Institute of Research, Silver Spring, Maryland.

Adler and others conducted the study and published their findings in the article “Mental Skills Training with Basic Combat Training Soldiers: A Group-Randomized Trial,” published May 25, 2015, in the Journal of Applied Psychology.

The Army funded the research, hoping to improve recruits’ basic combat training performance using mental skills training techniques, Adler said, adding that most of her colleagues in the study had a background in sport psychology as well as research.

“No one has ever done this kind of study using sport psychology techniques before. A lot of these types of studies have been correlational in nature,” she said

Also, past studies tended to be small, using elite ath-

letes, she said. That would have the effect of reducing the reliability of the study and it would also make it harder to generalize the findings to recruits, who are most likely not elite athletes.

By big study, Adler pointed out that 2,432 recruits were randomized by group across 48 platoons. Each group, in this case a platoon, would either be the mental skills training group or the active comparison group. Size and randomization would increase the validity of the experiment and confidence in any significant findings.

Rather than using just a control group, using an active comparison group gave the experiment more validity because it mimicked the mental skills training group in every way except for the content delivered. The active group received a lecture on military history, which was considered to be useful to the recruits, Adler noted. Both groups received a total of eight hours of training spread out across 10 weeks.

The mental skills training was conducted in bite-sized chunks of about 20 minutes each, distributed throughout various field training events such as the obstacle course; rappelling; rifle range; chemical, biological, explosive, radiological and nuclear, or CBERN training; Army physical fitness test and so on, rather than in just one block of classroom instruction, she said.Each training chunk was relevant to the event, she added.

For example, prior to CBERN or rappelling, relevant material related to managing anxiety would be given. The active group during this time would get a history lesson on rappelling, beginning in World War I.

(Editor’s note: This is an abbreviated version. Read the entire article online at www.HawaiiArmyWeekly.com.)

Email limits to be enforced

CYBER SECURITY DIRECTORATE
News Release

WASHINGTON — Effective Oct. 1, the Defense Information Systems Agency will enforce existing Department of Defense Enterprise Email, or DEE, Service Level Agreement (SLA) mailbox size limits, to lower costs and improve efficiency and Outlook start-up times.

Each of the Army’s more than 1.4 million DEE accounts has a storage limit. Most users fall into the basic class, with a maximum storage limit of 512 megabytes. Business class users, with an operational requirement for a larger storage size, have a maximum storage limit of 4 gigabytes. Previously, those storage limits have not been enforced.

Most Army users have stayed within their maximum allowable email storage. As of July 31, however, Army reports indicate that more than 75,000 Army personnel are storing more than 4GB of email.

More than 7,700 user mailboxes exceed 10GB of storage each. That level of heavy use makes for a slow, inefficient and costly email system for both the individual user and the Army as a whole.

“Using email effectively is one way that today’s Army personnel can help reduce costs and make communications more agile, from the homefront to the tactical edge,” said John Howell, U.S. Army Program Executive Officer Enterprise Information Systems, or PEO EIS, product director, Enterprise Content Collaboration & Messaging. “Each user has a role to play to help facilitate state-of-the-art ac-

cess to email ”
Clearing out old, outdated emails is good practice for any user. But what if you aren’t already in the habit? All users at risk of exceeding their size limits will receive auto-generated warnings when their mailboxes exceed authorized limits. Basic users will receive that warning if their mailbox exceeds 410 MB of storage, while business users will receive the warning if their mailbox exceeds 3.7 GB of storage.

“The warning emails serve as a heads-up for users, to remind them to clear out extra emails before their mailbox size starts to impact their ability to use the email system,” said Howell. “We have resources and information available to help individuals who aren’t sure how to get a handle on their email’s storage issues.”

If an individual’s email storage exceeds its limit — 512MB for basic users, and 4GB for business users — they will receive a second warning that the account will no longer be able to send email until the extra emails are cleared out.

If the email account continues to grow — beyond 700MB for basic users, or 4.6GB for business users — the user will receive the third and final warning that the account will also lose its ability to receive incoming mail.

At that point, anyone sending email to the oversized account will receive a non-delivery notification.

Visit <https://esdcrm.csd.disa.mil/app/home/> for tips and strategies for reducing your email’s storage overload.



HEMA offers links and tips to prep for a hurricane

STATE OF HAWAII
News Release

HONOLULU — The Hawaii Emergency Management Agency recommends the following safety and preparedness tips, especially when preparing for the possibility of flooding:

- Be aware of streams, drainage channels, roads, and other areas known to flood suddenly.
- Use 9-1-1 only to report life-threatening emergencies.
- Make sure to monitor local broadcasters and/or sign up for local notification systems if you live in a flood prone area.
- Gather important documents such as your flood insurance policy. Flood losses are not covered under normal homeowners’ insurance policies.

- Be aware that flash flooding can occur quickly and without warning. Be prepared to evacuate and move immediately to higher ground. Do not wait for instructions to move.
- Secure your home and elevate essential items. Turn off utilities if instructed to do so. Disconnect electrical appliances and do not touch electrical equipment if you are wet or standing in water.
- Do not attempt to cross fast moving water, especially if you are unsure of the depth.
- Check with local officials and the Department of Land and Natural Resources (DLNR) if you plan to hike or camp next week. Parks and other trails may be closed depending on the weather forecast. Visit the DLNR website at <http://dlnr.hawaii.gov/blog/category/news/> for the latest closure information.

- Follow the Department of Education online at <http://www.hawaiipublicschools.org> for the latest information on possible school closures. Make sure you know the closure notification procedure if your children attend a private or charter school.
- Visitors should download and read the Hawaii Tourism Authority’s Travel Safety Brochure at <http://www.travelsmarthawaii.com>.



Traffic Report lists detours, road work, construction and noise advisories received by press time from U.S. Army Garrison-Hawaii and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/trafficcalendar.htm for the latest Army Hawaii traffic advisories. Unless otherwise noted, all phone numbers are area code 808.

Today

North Shore — HDOT received an extension to study a safe and feasible alternative to removal of the Laniakea barriers.

The courts originally ordered the removal of the barriers located along Kamehameha Highway by Aug. 7. The extension to Aug. 24 allows HDOT time to work directly with the City & County of Honolulu, the plaintiffs and the public on a feasible and safe solution to be discussed at the next settlement hearing, Aug. 18.

HDOT has heard from many community members urging the state to leave the barriers in place as they have improved safety and alleviated traffic congestion on the North Shore. Others want the barriers replaced with additional parking. HDOT will be looking at solutions that could satisfy both. One possible option would be removing two barriers on both ends to have one way access and parking behind the existing barriers. However, the infrastructure is not designed to be a parking lot, and significant improvements may be necessary to make it safe and accessible for all.

HDOT continues to work on a study to realign the highway so it is further mauka than it is today. The project cost is estimated at \$20 million-\$45 million depending on the preferred alternative. Agreement from public and private landowners would be required. Additionally, the potential environmental impacts must be considered, and it takes approximately five years after the environmental assessment is concluded to complete the project.

Don’t Cross — The crosswalk on Schofield’s Kolekole Avenue, between Bldg. 2076 and Sgt. Yano Library, will be permanently removed. There will be temporary barricades set up starting today on each end of the crosswalk to notify pedestrians of the removal Aug. 21. and to start using the newly installed lighted crosswalk at the intersection of Heard Avenue and Kolekole Avenue.



Roadway & Lot Closure — Fort Shafter’s parking lot at Bonnie Loop closes at 6 p.m. and re-opens Saturday, Aug. 15, at 11 a.m., impacting buildings 520 and 525, to support renovation work at the Regional Cyber Center.

Noise Advisory — The Army and Marines began conducting demolition, mortar and artillery training at Schofield Barracks, and local residents may hear some noise. Army mortar training wraps up today; Aug.15-16, Army artillery demolitions takes place training; Aug. 17-21, the Marine Corps conducts mortar training; and Aug. 29-31, the Marines hold artillery training.

Should individuals hear noise, there is no immediate danger. Weather, such as overcast conditions, can increase noise and vibrations.

To report concerns related to noise or training, community members can call the U.S. Army Garrison-Hawaii Noise Concern Line at 656-3487 or email usaghi.comrel@gmail.com. The USAG-HI Public Affairs Office responds to all reported concerns during regular business hours, Monday through Friday, 8 a.m.-4 p.m.

Waianae Ave. — A road closure at Schofield Barracks’ Waianae Avenue (south corridor) between Generals Loop and Jecelin Street that began Monday continues until Aug. 21 for utility installation and site work, 8 a.m.-4 p.m., related

to the Quad B Barracks Renovation. Waianae Avenue northbound between Generals Loop and Jecelin Street is designated for two-way traffic during this road closure. Vehicles traveling southbound may make a right turn onto Waianae (north) at Generals Loop; vehicles will then be detoured back onto Waianae (south) by a right turn jog at Jecelin Street, which will connect to the Intersection of Waianae Avenue and Devol Street.

15 / Saturday

Phase II — The second phase of work on Schofield’s Trimble Road will restrict access in the parking lot around Bldg. 1505 from now until Sept. 15.

22 / Saturday

Power Outage — Fort Shafter will see a power outage, 8 a.m.-4 p.m., that affects the following buildings: 330, 331, 333, 334, 335, 339,340, 341, 342, 343, 344, 345, 346, 347, 351, 355, 405, 406, 409, 420, 434,435, 438, 439, 441, 442, and 443. Note: the times provided are only an estimate since depending existing field conditions my prompt additional time to complete the outage. Locations affected by the outage should be prepared for an extended outage in this event.



24 / Monday

AMR Modified Traffic — There will be alternating lane closures at Aliamanu Military Reservation for utility pole replacement. Lanes adjacent to existing utility poles along Aliamanu drive will be restricted to one lane only, weekdays, 8:30 a.m.-3:30 p.m., until Sept. 4 During this time traffic flow in both the east and west bound lanes will be controlled by flagman. The contractor will have appropriate signs and barriers for closing each side of the roadway.



Got an event of interest to
Soldiers or civilian employees coming up?
Send your announcements to
news@hawaiiarmyweekly.com.

Today

Antiterrorism — This week, the FBI dedicated its new 360,000-square-foot Biometric Technology Center on the campus of its Criminal Justice Information Services Division in Clarksburg, West Virginia. The BTC will, once fully operational, encourage even more joint-biometric investigations, along with additional research and development.

Over the past few years, the FBI has been working with the Department of Defense to use biometrics to identify terrorists and criminals who threaten our homeland and our citizens. The BTC facility will enable the Bureau’s CJIS Division, which has the largest centralized collection of biometric information in the world, and the DOD, with its military biometrics database systems, to make advances in a variety of identification technologies like DNA, iris recognition, voice patterns, facial patterns and palm prints. It will also allow us to move these technologies and resulting biometric tools more quickly from the laboratory into the hands of those who work to combat terrorism and protect the public from dangerous criminal activity.

FBI and DOD biometrics experts working side-



Photo courtesy of the Federal Bureau of Investigation

Executive assistant director Amy Hess, with FBI and DOD officials, addresses assembled guests at the dedication of the BTC.

by-side in the facility will also focus on biometrics product certification, training, standards development, privacy rights and research and development into emerging technologies.

15 / Saturday

HQDA Sends — GoArmyEd will be closed for fiscal year 2015 for centrally funded SF-182 requests, group SF-182 requests and training applications funded by the Career Programs. No new requests or training applications funded by Career Programs will be processed during this close-out period.

18 / Tuesday

DeCA — Assistant Secretary of the Army Debra Wada is scheduled to attend the 18th annual American Logistics Hawaii show, 8 a.m.-2 p.m., at the Hawaii Prince Hotel, Waikiki. The annual business-to-business show provides Defense Commissary Agency and Army & Air Force Exchange service officials the opportunity to taste-test local products, and to interact one-on-one with Hawaii business owners, before recommending products for commissary and exchange shelves. DeCA and Exchange store directors and buyers will be in attendance.

DeCA grossed over \$5.6 billion dollars annually with sales from four Oahu commissaries accounting for over \$250 million.

September

3 / Thursday

Sea Dragon Cup — The 94th Air and Missile Defense Command hosts a tournament at Leilehua Golf Course, open to all ranks and civilians. Registration begins at 10:30 a.m., and for a little extra, duffers can enhance their averages by purchasing strings and mulligans. Call 448-1589.

5 / Saturday

Walk/Run Remembrance — To raise awareness about the mission of the Tripler Fisher House in Hawaii, come honor warriors lost in combat since 9/11 by participating in an 8K walk/run and boot display.

A motorcycle escort will lead the run and motorcycle clubs wearing proper safety gear are welcome to join. After the 8k, the boots of the fallen will be reassembled on Ford Island at the corner of Enterprise and O’Kane, where they’ll remain until Sept 12. This is one display that will leave you breathless when you see them all in one

location and get a visual of the sacrifice made on our behalf. This event will be opened to the public. Ford Island will be easily accessible from 4-10 a.m. Visit www.eventbrite.com/e/tripler-fisher-house-8k-hero-remembrance-run-walk-or-roll-2015-tickets-16982152074?aff=erelexporg for full details.

19 / Saturday

RAD — Retiree Appreciation Day takes place at the Nehelani, 8 a.m.-2 p.m., with a banquet, guest speakers and info tables manned by retiree service providers. The last day to register by mail is Aug. 29. Call 655-1458/1585.

21 / Monday

IMCOM Mentors — An application call is on for the 2016 IMCOM Headquarters Centralized Mentorship Program. Following a program revamp, IMCOM Workforce Development is re-announcing the opportunity to compete. Applications will be accepted from today until Oct. 19, with a program target start date of Jan.10, 2016. Complete instructions will be available online at https://army.deps.mil/army/cmds/imcom_HQ/G1/TMD/SiteAssets/wfd.aspx, no later than Sept. 1. Previous applicants must re-apply for consideration.

30 / Wednesday

FSOT — A new registration process, today, for the Foreign Service Officer Test that will provide the opportunity to update applications during each registration period prior to the test. The U.S. Department of State has consolidated registration process, allowing you to submit an application and select a seat during the same five-week period immediately prior to a specific testing window. You may decide to update your education, experience and/or career track. Once you submit your application, you cannot change it. Your application is valid only for a specific test date and will expire when the testing window closes. You may register up to three days prior to the opening of the testing window. And please remember that you may only take the FSOT once a year! Additionally, the October FSOT will be offered at specific Pearson Professional Centers abroad and in embassies and consulates as resources permit.Visit pearsonvue.com/fsot.

October

10 / Saturday

History — The Tropic Lighting Museum hosts



Humphreys Road — The southbound lane of Schofield’s Humphreys Road, fronting the driveway of Bldg. 2069, will be closed, weekdays, 8:30 a.m.-5 p.m., from today until Aug. 28 for construction work. The center turn lane of will be used as the southbound lane.

Ongoing

Karsten Thot — Work is underway to repair and repaint Karsten Thot Bridge (north of Schofield Barracks on Kamehameha Highway).

Day roadwork takes place 8:30 a.m.-3 p.m. without lane closures. Night work may consist of either single lane closures, 9 p.m.-5 a.m., or full closures of the bridge 9 p.m.-4 a.m. During work hours, the height clearance for the bridge will be lowered from 14 feet 4 inches to 12 feet until approximately the end of the year.

For more information, please visit the project website at www.rkkarstenthot.com or call the project hotline at 518-4576. Lane closure information will also be available on the HDOT website at hidot.hawaii.gov and released through HDOT’s social media channels on Facebook and Twitter.

Storm vs. Freeway – On Wednesday, HDOT canceled work on the Pearl City Viaduct widening project. The decision was made as a precaution due to potential impacts from Tropical Storm Guillermo. Further announcements impacting construction this week will be made on a day-to-day basis should conditions change.

Construction on Kamehameha Highway in Kaaawa will proceeded as scheduled because the 24/7 lane closure is already in place.

For more project information, visit the website at www.pontraflow.com or call the project hotline at 945-1144.

Living History Day to commemorate the 25th Infantry Division’s organization day, 10 a.m.-3 p.m., featuring static exhibits of modern military Soldiers and equipment; military memorabilia; restored military vehicles; re-enactors in period uniforms and hands-on displays of military artifacts.

Ongoing



Rewards — CID is offering a \$2,500 reward for info leading to the recovery of property, identification, arrest and conviction of person(s) responsible for the larceny of government property. A cable analyzer kit was reported stolen last December. Anyone with information should contact CID at 224-4330.

On May 5, a government building was damaged by fire. CID is offering a reward to anyone with information concerning the arson or the identification of those involved. Call 655-7114 or 655-1768. Confidentiality can be maintained. The reward offer ends May 5, 2016.

Hours for DeRussy — Until further notice, the U.S. Army Museum of Hawaii at Fort DeRussy has temporarily changed its operating hours to Tuesday-Saturday, 9 a.m. to 4:15 p.m.

Noise — Got comments? Call 25th Infantry Division Public Affairs at (808) 655-6354 regarding exercises and training. Call the U.S. Army Garrison-Hawaii Noise Concern Line at (808) 656-3487 to report noise concerns.

Fingerprinting — The garrison’s Installation Security Office in Bldg. 580, Rm. 130, Schofield Barracks, will be conducting digital fingerprinting of personnel for security background investigations, weekdays, 8:30 a.m.-noon and 1-4:30 p.m. There is no requirement for appointments. Call 655-8879.

Battle in Distress — Prevent Army suicides! The Suicide Prevention Program for the garrison and U.S. Army-Hawaii reminds Soldiers, “You don’t walk alone.” Reach out, talk and listen to your chain of command, chaplain or behavioral health professional.

Another option is to call the National Suicide Prevention Hotline at 800-273-TALK (8255).

52 years of service by an ‘ace’

DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — While someone who served 25 years in the military or other government service is usually considered as having contributed a lifetime of service to the nation, one employee in the 599th Transportation Brigade, here, has more than doubled that total.

Denison “Ace” Parker first enlisted in the Navy in 1959.

“I never thought about anything else as a career or considered other services,” Parker said. “My father was in the Navy. I would have joined for 20 years when I first enlisted if I could have.

“I volunteered for submarine service as an E-3 and went to school to become a guided missile man. I was in the submarine service virtually my whole career,” he added.

After retiring from the Navy as a senior chief in 1983, Parker worked for the Air Force as a temporary hire for 10 months. He then spent two years at an insurance company in Honolulu, which constitutes his only time away from government service.

His first position as a transporter was at U.S. Army Pacific (then U.S. Army Western Command) from 1987-1991. Parker joined the 599th on Aug. 27, 1991, shortly after it moved to Hawaii.

As a traffic management specialist in the command operations center of the brigade, Parker keeps account of ships, the brigade’s cargo, and tracks down missing cargo.

“Ace is like a dog with a bone,” said former 599th commander, retired Col. Courtney Taylor, regarding Parker’s tenacity in tracking.

“I really like tracking down missing cargo; it’s like detective work,” Parker said. “That is the favorite part of my job. Even people at CENTCOM call me for help tracking.”

“In 2009 when I was standing up the command operations center, I was given my pick of available personnel,” said then-COC chief, Army Reserve Lt. Col. James Congrove. “Ace Parker was the top of my list. His willingness to



Photo courtesy of 599th Transportation Brigade Public Affairs

Denison “Ace” Parker (center) is flanked by his father and grandfather on the day he joined the Navy in August, 1959.

be the focal point for theater-wide cargo tracking and reporting, accurate to within 24-hour updates was ambitious to be sure, but he was without question the right man for the task.

“As the COC chief I could rely on his experience base of over 50 years, having demonstrated many times his skills as a transporter far beyond that of his peers,” Congrove added.

Retired Army Col. John Wemlinger, 599th commander from August 1991 to July 1993, was Parker’s first commander at the unit.

“Ace is totally dedicated to the mission of the SDDC,” Wemlinger said of Parker. “He was always advocating on the importance of strategic transportation solutions to defense challenges. His great, gregarious personality played well with our corporate counterparts, without whom SDDC would be completely without means to accomplish its mission.”

Parker makes visitors welcome in COC.

“I can count on Ace will always have me set up with my own cup of coffee,” said Col. Shannon Cox, former commander of the 599th. “He makes wonderful coffee.”

Wemlinger’s recall of Parker’s coffee differed.

“He claimed he’d learned how to make coffee while chief of boat on a nuclear submarine. I was convinced it contained some nuclear waste he must have smuggled from the vessel’s reactor. We would swap friendly insults over the strong brew and then get down to business,” he said.

People with and for whom Parker has worked express respect and affection for him.

“I have been very fortunate in my civilian and military careers to have worked with talented men and women who knew their jobs and lived the maxim of the SDDC commanding general at that time, ‘committed, dependable and relentless.’ Ace is all of those things and more,” said Congrove.

In 2011, Congrove nominated Parker the Honorable Order of Saint Christopher. Instead of being granted or denied, the nomination was upgraded by the chief of transportation to the Ancient Order of Saint Christopher.



Five retiring leaders from the 8th TSC, along with their families, are honored at a celebration of service retirement ceremony, Aug. 6, at Richardson Theater.

Pacific troops honored for 116 years of service

Story and photos by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — After more than 116 years of combined Army service, five leaders from 8th Theater Sustainment Command were honored at a celebration of service retirement ceremony, Aug. 6, at Richardson Theater, here.

Col. Greg Anderson, chief of staff, 8th TSC, thanked the newest retirees for their service to the command, the Army and the nation.

“Collectively, this group of retirees has earned combat action badges, bronze star medals, defense meritorious service medals, meritorious service medals, and many other accommodations,” Anderson said. “Through a combined nine combat tours, they have fought and served honorably to protect our freedom — and the freedom of all Americans.

“There’s no question that our nation and Army have changed since these Soldiers first raised their hand and swore their service more than 20 years ago, but one thing that’s always remained

constant and true is their commitment to the profession of arms that they all represent so impeccably.”

Each of the retirees received a Meritorious Service Medal, a U.S. flag, and a retirement pin for all their years of service to the Army.

“No matter what your plans are after you take off the uniform, I want you to know you always have a home here at the 8th Theater Sustainment Command, and I know everyone here today joins me in wishing you the very best in your well-deserved retirements,” Anderson said.



Col. Greg Anderson, the chief of staff for 8th TSC, speaks during a celebration of service retirement ceremony, Aug. 6, at Richardson Theater on Fort Shafter.

Friday, August 14, 2015



Sgt. Justin Jones (right), a mortar section sergeant from the 2-27th Inf. Regt., and his wife, Kirsten Jones (middle right), take a photo with Yuko O'Reilly, widow of Master Sgt. Hugh O'Reilly who originally established the Wolfhounds' relationship with The Holy Family Home in the aftermath of World War II (left), and Donzono Eri, 11, during the farewell ceremony Aug. 4.

Soldiers and orphans from Japan experience Hawaii

Story and photos by
SGT. IAN IVES

2nd Stryker Brigade Combat Team
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The sun was strong and the sweet smell of meats cooking on a charcoal grill filled the air. An 11-year-old boy ran after an orange baseball that his foster father had just thrown into the bright blue sky. Almost as if it were second nature, the boy positioned himself under the ball and caught it in his well-trained gloved hand.

"Nice catch Masaru," yells 2nd Lt. Nolan D'Angelo, a medical officer with Headquarters Headquarters Company, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, and temporary foster father for Masaru.

Annual pilgrimage

Masaru Taknaka is one of four children from The Holy Family Home, an orphanage in Osaka, Japan, that has been sponsored by 1-27th Inf. Regt. for over 50 years. Tanaka has been visiting the 1-27th Inf. Regt. along with Kuga Nakasuji, age 12, Rio Okubo, age 11, and Donzono Eri, also age 11, as part of the 58th



Dozono Eri, a child from The Holy Family Home in Osaka, Japan, practices her Japanese numbers with Danielle D'Angelo, wife of 2nd Lt. Nolan D'Angelo of the 1-27th Inf. Regt.

summer visit from The Holy Family Home.

During this time, the children experienced Hawaii with visits to the Dole Plantation in Wahiawa, the Honolulu Museum of Art and the Waikiki Aquarium. The Soldiers of 1-27 Inf. Regt. also prepared a special event for the children, the Day as a Wolfhound. On the Day of the Wolfhound, the children listened to a story from Yuko O'Reilly on the history of The Holy Family Home. They also observed a static display of M1126 Stryker vehicles, participated in an obstacle course and ate a Meal Ready to Eat (MRE) for lunch.

Most of the children's time was spent in the homes of their foster families, who volunteered to host the children.

While many of the families who volunteered have children of their own, for one family, having children in their home was a new experience.

Sgt. Justin Jones, a mortar section sergeant attached to Company A, 2-27 Inf. Regt., 3rd Brigade Combat Team, 25th ID, a native of Long Beach, California, and his wife, Kirsten Jones, volunteered to host the two girls, Eri and Okubo, for one week.

What language barrier?

Going into this situation the Jones' knew because the children did not speak any English, there would be a language barrier. They did, however, have experience communicating with Kirsten's younger brother who speaks only German, so, when it came to communicating with Eri and Okubo, they had an idea of how to get started.

"The saying is true, 90 percent of communication is body



Kuga Nakasuji, an orphan from The Holy Family Home in Osaka, Japan, throws a ball at a dunk tank operated by Soldiers of 1-27th Inf. Regt., during a picnic to honor their visit.

language," said Justin. "So a lot of the time what gets us through the day are simple hand gestures. It is not too hard but still a challenge."

Justin said the children enjoy going to the beach the most. "We have been having an awesome experience with the children," he added. "Their favorite thing to do so far has been to go to the beach, which they refer to as Omi."

Jones and his wife said spending time with the children has inspired them to have children of their own someday.

The children of The Holy Family Home finished their visit on Aug. 5 with a going-away ceremony organized by the Soldiers of 1-27 Inf. Regt. Both the Soldiers and families of the 1-27th and 2-27th Inf. Regts. were honored to be a part of this wonderful tradition.



The children from The Holy Family Home of Osaka, Japan, pose for a picture with Lt. Col. Neal Mayo (far right) and other Soldiers from 1-27th Inf. Regt., during a picnic to honor of the children during their Hawaii visit.



Briefs
Today

SKIES Unlimited New Programs: Spanish — Learn Spanish for 18 months at the AMR and SB SKIES Studios. Participants must be 18 years of age. \$55 per month per child.

Yoga Dance Class — Yoga Dance class for 3-18-year-olds and The Art of Middle Eastern Dance for 5-18-year-olds at our AMR and Schofield SKIES Studios. \$35 per month per child.

Vocal Technique — Do you love to sing? Join the Vocal Technique class and sing the night away. Class meets on Fridays from 5:30 - 6:30 p.m. at the SKIES Studio. Open to children 6-18 years old. \$35 per month per child.

Call 808-655-9818 for more information

15 / Saturday

ODR Surfing — Learn to surf like a local as Outdoor Recreation goes to the south shores of Oahu at White Plains, 8:30 a.m.- 12:30 p.m. This is a great beginner location for all ages. Outdoor Rec. will provide the transportation equipment, and instruction. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Sign up at Outdoor Recreation no later than noon the day before the program. Cost is \$30/person. Call 655-9046.

17 / Monday

Family and MWR Hiring Fair — Want to make a difference in the lives of Soldiers and families? Consider joining the MWR team. The Hiring Fair will take place, 10 a.m.-2 p.m., in the Leilehua Golf Course Ballroom. Dress for success for the on-site interviews. This event is free and open to the public. For job openings visit himwr.com or call 656-0129.

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95/per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at www.himwr.com/dining/kolekole-bar-a-grill/ kolekole-lunch-buffet and www.himwr.com/dining/hale-ike-na/hale-ikena-lunch-buffet-menu for the week's current lunch specials.

18 / Tuesday

ACS Outreach Center — The FS

FMWR JOB FAIR



HIRING FAIR

August 17, 2015

Leilehua Golf Course Ballroom
10am - 2pm
Open to the public
No gate access required

- ✓ On-site interviews
- ✓ Dress for success
- ✓ Part-time/Full-time positions available
- ✓ Volunteer opportunities



For more information
☎ 656-0129
🌐 himwr.com/jobs

Directions
Start on H2 heading north
Take exit 7 toward N/Mililani Tech Park
Turn right onto Leilehua Rd/Wikao St
Turn left at the 1st cross street onto Leilehua Rd
Go to himwr.com/jobs for map



Family and MWR artwork

SCHOFIELD BARRACKS — The U.S. Army Garrison-Hawaii Directorate of Family and Morale, Welfare and Recreation is looking for new team members for professional full-time, part-time and volunteer positions. Join the FMWR Hiring Fair, 10 a.m.-2 p.m., at the Leilehua Golf Course Ballroom. Visit himwr.com/jobs or call 656-0129.

ACS Outreach Center will reduce its operational hours to once weekly, 8 a.m.-3:30 p.m., Tuesdays. Services available include information and referral and the ACS loan closet. The SB ACS main center will continue services from 7:30 a.m.-4:30 p.m. Call 655-1710.

19 / Wednesday

Foster Care Information Session — The Family Advocacy Program (FAP) in collaboration with Partners in Development (PID) will host an information session to members of United States Army Hawaii (USARHAW) and other Branches 11:30 a.m.-1:30 p.m., at the SB Army Community Service (ACS), Building 2091. Information on foster care licensing requirements for becoming foster care providers will be offered.

21 / Friday

BOSS "Life Skills" Adventure — Learn survival skills, while building confidence and teamwork. This two-day adventure includes: Ocean awareness, basic knot tying, fishing, CPR, scuba diving, water rescue, stand-up paddle, kayaking and more. This event is open to active-duty single Soldiers only. Registration forms must be received no later than 4 p.m., Aug. 10. Space is limited. Transportation, campground, meals and prizes will be provided. Contact your BOSS representative at 655-1130.

Grill Your Own Steak Night — FS Hale Ikena presents a savory feature, 3-8 p.m., every first and third Friday of the month. Grill your own steak, or we'll be glad to do it for you for an additional cost.

Served with a baked potato and chef's choice of vegetable. Call 438-1974.

26 / Wednesday

ACS Spouses Boots to Business — The Employment Readiness Program can help you if your dream is starting or owning your own business during this two-day event, Aug. 26 from 9 a.m.-3 p.m., and Aug. 28 from 9 a.m.-3 p.m.

This class gives participants training to develop the knowledge and tools required to identify a business opportunity, draft a business plan and launch your enterprise.

To register you may call ACS at 655-4227 or reserve a space by registering online: http://www.trumba.com/calendars/army_community_service_calendar.

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com

Today

Remodel It Right, Remodel It Green Expo — The Building Industry Association event begins today at 5 p.m. at the Blaisdell Exhibition Hall and runs through Sunday. One-day admission pass is \$7.

2 Chains Performs — Def Jam recording artist 2 Chains returns to Hawaii, 7:30 p.m., Aug. 15, at the Blaisdell Concert Hall. Tickets available at all ticket master locations or charge by phone toll free 1-800-745-3000; Wal-Mart Pearl City, Keeaumoku, Mililani, Kunia and Kapolei.

15 / Saturday

Kolekole Hiking Trail — The SB Kolekole Walking/Hiking Trail is open Saturday and Sunday, 5:30

a.m.-6:30 p.m., to DOD ID cardholders and their guests. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use the trail and walking path at your own risk and only during permitted hours.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Cameras are welcome and seating is available on the grass, beach chairs, and mats.

16 / Sunday

Shrek the Musical — Due to high demand, the tale of a hulking green ogre will run through Aug. 16 at Diamond Head Theatre. Call 733-0274 or visit www.diamond-headtheatre.com.

21 / Friday

Made in Hawaii Festival — Support local artists, chefs and entrepreneurs in Hawaii with this three-day exhibition beginning 10 a.m., Friday Aug. 21, at the Blaisdell Exhibition Hall. Visit MadeInHawaiiFestival.com.

22 / Saturday

Na Koa Wounded Warrior Regatta — Registration is underway now for the 2015 Na Koa Wounded Warrior Regatta, Aug. 22, at Fort DeRussy Beach. This event supports and honors wounded warriors. It's open to all categories of military, including active duty, retired, combat veterans, National Guard, reservists and Gold Star families. Register at Nakoa regatta.org.

24 / Monday

Chorus Auditions — Oahu Choral Society is scheduling auditions for any singer at least 18 years of age or who has graduated from high school at St. Andrews Cathedral, 229 Queen Emma Square, Honolulu. To reserve a time slot for upcoming auditions visit <http://oahuchoral.org/auditions.html>.

29 / Saturday

Keiki Bodyboard Contest — Bellows Air Force Station MWR hosts this competition, beginning at 9 a.m., for ages 4-15. All entrants must have base access. Pre-registration only; call 259-4137 or visit www.bellowsafs.com for rules and

entry form.

Chapel Fest 15 — Enjoy music, food, and festivities, 10 a.m.-2 p.m., at the Schofield Barracks Main Post Chapel for this annual family event.

September
2 / Wednesday

Federal Survey Cards — On Sept. 2, a Federal Survey Card will be distributed to every Hawaii public school student as part of the Federal Impact Aid Program that partially reimburses school districts that lose revenue due to the presence of tax-free federal properties.

The card needs to be completed and returned to your child's school the very next day.

If you have questions on how to fill out the form, contact your child's school or the Army School Liaison Office at 655-8326.

12 / Saturday

Out of the Darkness — The community is invited to walk to prevent suicide at 8 a.m., Sept. 12, at Ala Moana Beach Park/Magic Island. Visit www.afsp.org/walk to register or call 271-8582.

worship
Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Temporarily closed for maintenance



Schofield Barracks

Sgt. Smith Theater

is closed for
Directorate of
Public Works
maintenance work.

Tentative reopening

for movie viewing

is scheduled for
Friday, Aug. 28

Call Schofield
Exchange at
237-4502/4572.

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks	





Photo courtesy of Island Palm Communities

Federal firefighters and neighborhood children pose in front of a fire truck at Friday evening's National Night Out event at Kaena Community Center.

National Night Out offers safety, superhero-sized fun

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Super heroes of all shapes and sizes were out in force, Friday evening, at the Kaena Community Center's National Night Out (NNO) celebration.

U.S. Army Garrison-Hawaii and Island Palm Communities partnered to bring the annual event, which promotes safety and strengthening neighborhood bonds, to the U.S. Army-Hawaii community.

The Kaena Community Center is the first of two NNO events. The second, at Aliamanu Community Center, takes place in Friday, Oct. 9.

Family-oriented

The family-friendly fun began with a superhero-themed parade at 4:30 p.m. and continued with keiki face-painting booths, bounce castles, food, dancing and a screening of “The Avengers” movie at 7 p.m.

Children also got to meet federal firefighters, police officers and other safety officials.

“Events like this are real good because it lets (kids) know about the different resources that are available, and who can help them the right way,” said Harry Lyons, a federal firefighter, as he helped youngsters clamber aboard a fire truck.

“I think it’s important to teach her to be comfortable talking



to police (and safety officials) if she were ever to get lost,” added Christina Ludowese, an Army spouse who attended the event with her 4-year-old daughter, Constance.

Staff Sgt. Allen Collins, who brought his 8-year-old son Karter, said, “It’s important to know your neighbors, your community so (kids) can be safe. Especially when the parents are not around. Plus, this event makes it fun for them.”

Despite warnings from forecasters of possible rain from Tropical Storm Guillermo, the weather held out and children were able to practice their bike-safety skills by navigating the bike rodeo set up by the Schofield Barracks Military Police Bike Patrol.

Focus on safety

The main thing was to get children to understand the importance of wearing safety gear, such as helmets, and the importance of stopping at stop signs and looking both ways, said Spc. Daniel McLain, Schofield Barracks Military Police Bike Patrol.

Added Military Police Bike Patrol Sgt. Nicolas Wood, “Kids will amaze you. Even the young ones ride quite well. But sometimes you have to remind them to slow down before they take those curves, and to always walk their bikes to cross streets.”

Beyond bike safety, he offered this tip to parents: “Make sure there’s always someone there to watch your kids. You don’t want a 5-year-old riding around without supervision.”



Photo by Karen A. Iwamoto

Spc. Daniel McLain, Schofield Barracks Military Police Bike Patrol officer, makes sure a child is wearing a properly secured helmet before navigating the bike safety rodeo course at Friday evening's National Night Out event at the Kaena Community Center.

NNO: What exactly is it?

National Night Out (NNO) is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie, according to the National Association of Town Watch (NATW) website.

It typically takes place the first Tuesday in August and the first Tuesday in October. More than 16,124 communities in all 50 states, U.S. Territories, Canadian cities and military bases worldwide participate.

NATW established the first NNO on Aug. 7, 1984. More than 2.5 million neighbors participated across 400 communities in 23 states during that first year. NATW was founded in 1981 by Matt A. Peski as a way to keep law enforcement officials, civilian leaders and volunteers informed, interested, involved and motivated in their communities.

Online
For more information about NNO and NATW, visit natw.org



Photo courtesy of Island Palm Communities

Children participate in a superhero-themed parade at the start of Friday evening's National Night Out event at the Kaena Community Center.

Commissary food bank donations eclipse 4 million lbs

MIKE PERRON
DeCA public affairs specialist

FORT LEE, Va. – In a classic case of a crisis creating an opportunity, the government shutdown of 2013 served as a catalyst to revive donations from military commissaries to local food banks, with the stores donating more than 4 million pounds of groceries to date, including an expected 2 million pounds this year alone.

Since 1985, military commissaries have been authorized to make donations to food banks that are designated as eligible to receive that food by the departments of Defense or Health and Human Services, and by Veterans Affairs for certain veterans’ organizations. However, with a dwindling number of food banks seeking that status over the years, the program fell into disuse.

When, like other government agencies, the Defense Commissary Agency was confronted with the 2013 shutdown, it also faced another problem: what to do with groceries which remained wholesome but unsold due to the doors of stores being shuttered. Thus, the ef-

fort to revitalize the donation of the unsold goods to food banks was born.

“We got approval from the Department of Defense on a temporary basis to allow stores to use local food banks to get rid of their organics that were unsellable but edible,” said Randy Eller, deputy director of DeCA’s logistics directorate.

Reinvigorating donations

Turning that one-time project into an ongoing program involved months more work.

“We really pushed the button to encourage food banks to seek permanent designation,” Eller added. “Many did, and that’s how the whole thing just kept on rolling.”

From that first year’s donation of a little more than 636,000 pounds of goods to 72 food banks, the program has grown to 127 stores donating more than 1.8 million pounds of otherwise unsellable merchandise to 107 food banks across the nation so far this year, with the total expected to top 2 million pounds.

“ ‘Edible but unsellable’ means the prod-

uct may not be up to the commissaries’ visual expectation for sale but is still good for consumption,” said Eller. “Everything that gets donated is certified as edible by a food inspector.”

To be eligible for donations from stores, nonprofit food banks must formally request and be designated as eligible to receive commissary food donations from the Assistant Secretary of Defense for Readiness and Force Management.

A food bank is defined as “a public or private charitable institution that maintains an established operation involving the provision of food or edible commodities, to food pantries, soup kitchens, hunger relief centers, or other food or feeding centers that, as an integral part of their normal activities, provide meals or food to feed needy persons on a regular basis.”

This system differs from the annual USDA sponsored Feds Feed Families campaign that runs June through October where commissaries collect donations from customers.

Schofield a contribution leader

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — The Schofield Barracks Commissary has been donating its edible but unsellable foodstuffs — everything from cheese to bread to canned goods and condiments — to the Hawaii Food Bank for several decades. The relationship goes back so many years that neither Schofield Commissary Director Brad McMinn nor Hawaii Food Bank Director of Product Donations Mike Kajiware can remember when it started.

“We’ve been doing it so long, it’s automatic. We don’t have to think about it, it’s just something we do,” McMinn said. “But I believe we’re the No.1 commissary on the island as far as donations to the food bank.” Kojigawa didn’t deny this, adding, “In fiscal year 2014, the Schofield Barracks Commissary donated 40,797 pounds of donations.”

The Hawaii Food Bank is a nonprofit that collects and stores food donations and distributes it to 150 client organizations such as the Salvation Army and Institute of Human Services.

Trash, treasure and timing combine for a winning recipe

Like most hoarders, I’m in complete denial. I see myself as a “collector” of valuable, interesting and sentimental things.

It all started during childhood, when I felt compelled to stash away objects in an old antique chifferobe my mother saved from a junk pile and made into a girly bookcase for my room, complete with white paint and happy daisy contact paper.

The upper shelves were stacked with stuffed animals, some of which I still vividly recall: the sawdust filled donkey, the seersucker camel, a Dakin walrus, and an ancient Teddy bear with a tinny wind-up music box. Lower shelves held various books such as the entire Laura Ingalls Wilder series that my mother hoped I’d read but never did, and my collection of comic books — “Little Dot,” “Casper,” “Richie Rich,” “Wendy,” “Archie_ — which were well worn.

Hidden treasures

But the bottom drawer of my chifferobe contained the real treasure.

Having a particular affinity for miniatures, I had an impressive assortment of bubble gum machine and Cracker Jack prizes, special



rocks, a toy compass, junk jewelry, macramé key chains, Mexican jumping beans, abandoned crochet projects, old keys and bottle caps.

Thirty years ago, those treasures meant a lot to me, but somewhere along the way I threw them all out. Their time had ended.

New hoarding strategies

Today, I’m still collecting — saltboxes, sea glass, vintage furniture. But thanks to the military, we must get rid of stuff every few years when it’s time to move, and rest assured, I’ll never be one of those people you see on TV living in a house packed to the ceiling with garbage and 17 cats.

Frequent purging is part and parcel of mili-

tary life, and this often happens during the summer when most military families move. Although some cart their excess household goods off to charity thrift stores for the tax deductions, many find it easier to just give their stuff to neighbors and friends, and be done with it.

The most common items given away? Houseplants, candles, light bulbs, televisions, exercise equipment, bicycles, strollers, Little Tykes play kitchens, houses, sandboxes and cars, grills and, of course, booze.

Sometimes there are regrets. We once gave away an expensive leather recliner to a Florida base neighbor, because, at the time, it was too big for our living room. After we moved to our base house in Rhode Island, we realized that the chair would have fit perfectly into our new quarters.

I recently found out that the Navy SWO family who acquired our leather chair later got orders to Nevada, so they gave the chair to a Navy JAG family who took it with them to their new assignment in Washington, DC.

But life has a way of closing circles when the

time is right.

Last week, we traveled to Maryland to help my 82-year-old mother-in-law clear out the house that my husband and his four siblings grew up in. Eight truckloads of musty old junk were carted off to the dump, but somewhere in the heap, my husband unearthed a gem: his deceased father’s favorite leather armchair.



Photo by Lisa Smith Molinari

The author’s family gave away a leather chair only to find another at her grandma’s house.

TAMC EFMP offers family assistance

CAPT. JERRY CUNNINGHAM
Tripler Army Medical Center Public Affairs

HONOLULU —The Army Exceptional Family Member Program (EFMP) has a unique and important mission assisting active-duty Soldiers and their dependents with special medical treatment through therapy, education, training or counseling.

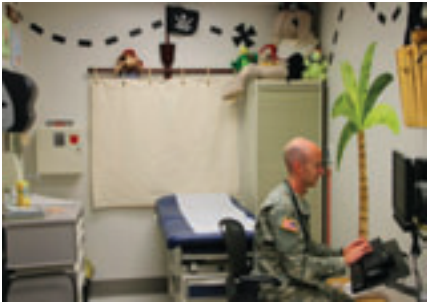
EFMP assists Soldiers by coordinating with the Human Resources Command to align active-duty Soldiers to duty assignments with the necessary medical facilities available to meet the needs of their family members.

The goal is to maximize the health and wellbeing of the entire family and save the military money by preventing unnecessary permanent change of stations.

EFMP origins

The creation of the EFMP was spearheaded by Dr. Thomas Gallagher in 1984, when he joined TAMC.

“The original mission of EFMP was to find qualified families to enroll into the program at TAMC, and in other clinics within the Pacific Region, such as Japan and Korea,” said Alan Gamble, a licensed clinical social worker in the EFMP clinic. “Since then the mission



Capt. Andrew Osten, a third-year resident physician in pediatrics works in a newly renovated exam room at TAMC.

has expanded its focus to include the neurodevelopmental pediatric mission.”

EFMP offers pediatric services including developmental behavioral pediatrics, pediatric neurology, pediatric physical therapy, occupational therapy, speech and language pathology evaluation for children younger than 3 years old, as well as social workers to assist family members.

TAMC relocation

In May this year, EFMP relocated to the third floor of TAMC at 3B-1, Oceanside. In its new location, the clinic created pediatric-

friendly rooms that provide children a fun atmosphere so they feel comfortable while interacting with the EFMP staff. The relocation to the third floor also gave the EFMP staff the opportunity to tailor a space that meets the needs of all the services offered by the program.

“The new location of EFMP — right next door to the TAMC’s Command Staff Offices — provides us with more visibility,” said Michael Ching, a developmental-behavioral pediatrician at EFMP. “This high-traffic area provides visitors, and staff, of TAMC, an opportunity to find out what services are available through the EFMP. The move has also improved work flow and patient satisfaction.”

“Some patients miss the great view of Honolulu from the old location on the seventh floor,” said Hu. However, the patients agree, the new location is very accommodating and is set up to provide services in a better envi-


Contact EFMP
Call 433-4441 or visit
<http://assist.army.mil/asist2/EFMP/>.



Photos by Tripler Army Medical Center

TAMC TIP

Eat Better

Health is personal and each of us defines it in our own way. Being healthy means more than not being sick or not having an illness.

A Performance Triad — combining regular activity, good nutrition, and quality sleep — provides an individual the means to achieve optimal performance.

To get started with your Performance Triad, remember “8 is Great”! Eat eight servings of fruits and vegetables a day, and get eight hours of sleep for every 24-hours to maximize your performance.

Combine that with taking 10,000 steps a day and regular exercise, and you will achieve better health.

To learn more about the Army’s Performance Triad program, or to sign up for the challenge, visit <http://armymedicine.mil>.

Be a part of the system for health. Get healthier today with the Performance Triad!



TRICARE urges preventative medicine

TRICARE
News Release

This month, the military health system is emphasizing preventive care.

TRICARE wants you to know about your preventive care benefits and how to use them so you and your family can stay ready and resilient.

Child care ‘musts’

Preventive care starts with vaccines.

Starting at a young age children are immunized against harmful illnesses and diseases. According to the Centers for Disease Control and Prevention (CDC), vaccines are the best way to make children and adults immune to a disease without them getting sick first. Antigens in vaccines are dead or weakened. This means that they are not strong enough to make you sick, but their presence causes you to produce the antibodies you need to fight the disease.

Screenings are another important part of preventive care.

Children experience a number of screenings or exams to ensure they are healthy as they grow and develop. Their height, weight, vision and hearing are checked regularly.

Well-child care is covered for all TRICARE beneficiaries from birth to 5 years old. If you have TRICARE Standard, and get care from a TRICARE-authorized provider, there are no out-of-pocket costs. Prime beneficiaries can get well-child care from their primary care manager or other network provider. There are no costs for well-child care when you are seen by a network provider.



Adult measures

As we get older, we develop a higher risk for certain diseases like high blood pressure, prostate or breast cancer. There are additional screenings available for these types of illnesses.

Your TRICARE plan determines how you are covered for these screens. Certain screenings are exempt from cost-shares and others are covered only when received in conjunction with an immunization or vaccine. You can see what’s covered on the TRICARE website.

Don’t forget about dental care as part of TRICARE’s preventive services. Although dental coverage is separate from medical coverage, they are equally important. The American Dental Association, American Academy of Pediatric Dentistry and the American Association of Pediatrics all recommend children have their first dental appointment before their first birthday and every six months after. TRICARE has three dental plans available and the plan you get depends on your eligibility.

Everyone should see their doctor from time to time, even if they are healthy. Preventive care is essential to health care.



Photo by Patricia Deal, Carl R. Darnell Army Medical Center Public Affairs

Marilyn Soto breastfeeds her son Adrian while father, Luis Sotochavez, looks on after giving birth at Carl R. Darnall Army Medical Center. The MEDCEN recently earned the Texas Department of State Health Services' Ten Step Program Star Achiever designation for its efforts in supporting new mothers and their decision to breastfeed.

Breastfeeding recommended

LISA YOUNG
U.S. Army Public Health Command

Are you a military mom and want to keep breastfeeding your baby after you return to duty?

Be encouraged by the fact that breastfeeding is the natural way to feed your baby. It advances your baby’s physical and mental growth and development, and also benefits your health.

In fact, August features World Breastfeeding Week, a combined effort recognized every year in more than 120 countries to bring awareness to the benefits of breastfeeding. The focus is to promote exclusive breastfeeding for the first six months because of the many health benefits linked to breastfeeding.

Many highly respected organizations, such as the American Academy of Pediatrics, American Congress of Obstetricians and Gynecologists, American Public Health Association, United Nations International Children’s Emergency Fund and the World Health Organization recognize breastfeeding as the best choice for a mother and her baby’s health.

By breastfeeding until your baby is six months old, you:

- Give your baby the best nutrition possible — your milk!
- Save money. The average cost for baby formula is \$100-\$120 a month, about \$30/can.
- May miss less work. Breast milk provides natural im-

munities so that breastfed infants are less likely to get sick early in life.

- Provide a bond that only you and your baby share, even when you are apart.
- Get back in shape and lose weight faster. You burn calories when you produce milk. Exclusive breastfeeding burns an extra 300-500 calories a day!

Handling military life

Many military moms find breastfeeding difficult when they return to work and some active-duty mothers do not think it is even possible. Part of this is credited to the working conditions, deployments, lack of time and place to pump breast milk, and not being around other breastfeeding women in the military. It is clear why military and active-duty moms may view breastfeeding as tough. Suggestions passed on by military moms that have been successful are:

- Make breastfeeding plans before you deliver, including establishing where you are going to pump during the day and how you are going to store the milk.
- Provide your supervisor with a memorandum before you have the baby explaining your breastfeeding plan for their approval. If you are going to need extra time over lunch to go feed your baby, ask for your command’s approval and support before you go on leave

See USAPHC B-7

Hawaii foster care providers sought

ACS hosts Aug. 19 information session

DAVID ASCHER, PH.D.
Family Advocacy Program

SCHOFIELD BARRACKS — Each year across the United States, approximately 400,000 children are temporarily removed from their homes and placed with foster providers.

While the demand for foster providers is high, the role is challenging, leaving some in the United State struggling to find a sufficient number of qualified and caring adults.

Addressing the problem

At any given time in Hawaii, an average of 1,200 children are unable to remain in their homes due to a parental, or care-giver, issue. To ease the challenges these children face when being removed from their current situation, foster providers offer a temporary safe haven for the children.

“Members of our community have expressed an interest in becoming a foster providers, but are not sure about all the details involved,” said Cindy Morita, the Army Community Service Family Advocacy Program manager.

Morita went on to describe how ACS, FAP, and Hui Ho’omalua (a group to protect and shelter), have teamed up to offer a Foster Care Information Session. Hui Ho’omalua, a local agency created by the Partners in Development Foundation (PIDF) and the State of Hawaii Department of Human Services (DHS), was created to help enhance and advance Hawaii’s foster care system by addressing the identification, recruitment, screening, assessment, training, ongoing support and retention of foster families.

Like other states, Hawaii has a program to train and assess families to become either “general” or “child specific” resource care-

givers. General resource care-givers provide care for unrelated children while child specific care-givers provide care for a specific child they have an existing relationship with (such as a family friend, neighbor or relative).

Direct-care giving is not the only way to help foster children; there are other avenues of support available other than becoming foster parents.

Upcoming information session

The Foster Care Information Session on Aug. 19 is designed to provide interested individuals and couples a chance to learn more about licensing requirements and the process of becoming a foster provider.

Foster youth and foster care providers will be on-hand to describe the realities of being a foster care provider and lunch will be provided.

According to Hui Hoomalu’s website, Hawaii is home to many different cultural groups and they need resource families of every cultural background, in every community in Hawaii.

“It’s about knowing you are contributing to your community. “It may be difficult but can be very rewarding,” Morita said. “And it takes a community of individuals to support these families in need.”

(Ascher is the prevention, education, and outreach senior prevention specialist for the Family Advocacy Program.)

Info Session

The Foster Care Information Session will take place 11:30 a.m.-1:30 p.m., Wednesday, Aug. 19, at the Schofield Barracks ACS, 2091 Kolekole Ave. Call ACS 655-4227 to register.

USAPHC: Baby’s health detailed

CONTINUED FROM B-6

upon delivery of your baby.

- Enlist the support of unit and community leaders, friends who are also mothers, fathers/partners, lactation consultants, pregnancy educators and online support groups.
- Research your installation and community for lactation rooms and electric pumps that you can use.

Healthy People 2020, a federal agency that sets and tracks national health goals, states that breastfeeding is important to public health since our children’s health affects the condition of families, communities and the health care system.

Human breast milk is widely accepted as the most complete nutrition for most infants, with a range of benefits for their health, growth and development. Human milk is made up of many nutrients that work together for the healthy, full-term, human infant. The federal government and many states have laws that protect a woman’s right to breastfeed. The U.S. Department of Health and Human Services Office of Women’s Health is strongly promoting breastfeeding through promotional campaigns and policy statements.

Consideration, preparation

Breastfeeding in public may be challenging at times, even with the growing awareness. Here are some tips for breastfeeding in public:

- Slip into a women’s lounge or dressing room to breastfeed.
- Use a special breastfeeding blanket around your shoulders.
- Wear tops that allow easy access to your breasts.
- Breastfeed your baby in a sling to make it easier to keep your baby close to you.
- Practice at home so you can maintain your own personal level of privacy.
- Breastfeed your baby before he or she becomes fussy so you have time to get into a comfortable place or position to feed.

There are also many online resources to support your choice to breastfeed.



Photo by National Park Service

PEARL HARBOR — The National Park Service announces a new head of Hawaii’s World War II monuments, including the Arizona Memorial, here.

New ‘Valor in Pacific’ head announced

NATIONAL PARK SERVICE
News Release

SAN FRANCISCO – The National Park Service has selected Jacqueline Ashwell to be the next superintendent of World War II Valor in the Pacific National Monument, including the USS Arizona Memorial and the newly created Honouliuli National Monument.

Ashwell replaces Paul DePrey who left the park to lead Salem Maritime and Saugus Iron Works National Historic Sites in Massachusetts.

“Jacqueline is a proven leader whose work as superintendent of the Seattle Area National Park Sites has been superb,” said Patricia Neubacher, NPS Pacific West Region acting regional director. “She is skilled at building partnerships and has a solid background in cultural and natural resources management. These will be valuable skills in her position leading World War II Valor in the Pacific National Monument and establishing Honouliuli National Monument.”

The 22-year NPS veteran currently serves as the superintendent of the Seattle Area National

Park Sites, which include Klondike Gold Rush National Historical Park – Seattle Unit, the Bainbridge Island Unit of Minidoka National Historical Site, the Wing Luke Museum Affiliated Area, the Outdoor Recreation Information Center at REI’s Seattle flagship store and the Seattle Trails & Rails program.

“It will be an incredible honor to serve as the superintendent of World War II Valor in the Pacific and Honouliuli national monuments,” said Ashwell. “Visitors from around the world are able to experience history where it happened, remember the fallen, and reflect on how the past shapes the present and our shared future. I look forward to working with dedicated volunteers, employees and partners who keep this important part of history alive.”

Ashwell will assume her new role Oct. 19. Ashwell has been deeply involved in the Seattle historic preservation community, working with the Alliance for Pioneer Square and

the National Trust for Historic Preservation on projects to interpret and protect the city’s past.

She has served for the past two years as a consultant to the National Park Service’s Office of Relevancy, Diversity, and Inclusion. She believes in sharing the technical expertise of the NPS with other countries, and has been assigned to short-term assignments in Haiti and Nepal.

World War II Valor in the Pacific National Monument preserves and interprets the stories of the Pacific War, including the events at Pearl Harbor, the internment of Japanese Americans, the battles in the Aleutians and the occupation of Japan.

Honouliuli National Monument tells the history of internment and martial law in Hawaii during World War II. Honouliuli is a place to reflect on wartime experiences and recommit to the pursuit of freedom and justice. Honouliuli National Monument was established on Feb. 19 and is not yet open to the public.



Ashwell